

CARDUNARA

(HERBAL EXTRACT)

The liver is vulnerable to a wide variety of metabolic, toxic, microbial, circulatory and neoplastic insults. Although in many instances, there is a primary disease forms in the liver, more often, the hepatic involvement is secondary to other common conditions, namely, cardiac decompensation, disseminated cancer, alcoholism, and extrahepatic infections. The enormous functional reserve of the liver masks, to some extent, the clinical impact of early liver damage. Artichoke has been used in traditional medicine as a specific liver and gallbladder remedy. It is used to increase bile production in the liver, increase the flow of bile from the gallbladder and to increase the contractive power of the bile duct. These bile actions are beneficial in many digestive, gallbladder and liver disorders. Artichoke is also often used to mobilize fats stored in the liver, detoxify the liver and as a natural aid in lowering cholesterol.

Medicinal Ingredients:

Each 100 ml contains:

Cynara cardunculus (Artichoke)100 g

Non-medicinal Ingredients: water, ethanol

RECOMMENDED DOSAGE

Adult Take 30 drops three times daily in water before meal or as directed by a practitioner.

Recommended use or purpose: For indigestion and for liver support.

Contraindications

Do not use in individual who is sensitive to the Asteracea or Compositae family. This product is not intended for individual who has bile duct obstruction.

INGREDIENTS

INDICATIONS

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| Artichoke | Gallstones; liver and gallbladder bile stimulant; cholesterol; digestive disorders; irritable bowel syndrome; Crohn's disease and other bowel problems to support liver function. |
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LIVER DETOX

SPECIAL COMMENTS

The German Commission E approves the use of artichoke for dyspeptic problems and cites the African Pharmacopoeia which, also indicates its use for the treatment of liver dysfunction¹. A study having functional dyspepsia patients treated with either a commercial artichoke leaf extract (ALE) preparation (2 x 320 mg plant extract) or a placebo for 6 weeks showed that ALE preparation tested was able to alleviate symptoms and improve the disease-specific quality of life in patients with functional dyspepsia². In another animal study, when test animals ingesting highest dose of 400 mg/kg ALE twice daily for 7 days, it was concluded that ALE increases bile flow³. ALE also contains phenolics. The highest content of phenolic derivatives in Artichoke leaf exert a major effect on bile flow and liver protection⁴. Artichoke leaf extract also has been shown to ameliorates symptoms of irritable bowel syndrome, plus improves health-related quality-of-life⁵.

The artichokes used in CARDUNARA are grown under controlled conditions in Northern Bavaria where no pesticides and artificial fertilizers are used. The artichokes selected by Nestmann have an especially high content of the effective ingredients (caffeoylquinic acids and flavonoids).

REFERENCES

1. Blumenthal, Goldberg, Brinckmann. Herbal Medicine. Expanded Commission E Monographs. Integrative Medicine Communications (MA); 2000. Artichoke page 10-12
 2. Holtmann G, Adam B, Haag S, Collet W, Grunewald E, Windeck T. Efficacy of artichoke leaf extract in the treatment of patients with functional dyspepsia: a six-week placebo-controlled, double-blind, multicentre trial. *Aliment Pharmacol Ther.* 2003 Dec;18(11-12):1099-105.
 3. Saenz Rodriguez T, Garcia Gimenez D, de la Puerta Vazquez R. Choleric activity and biliary elimination of lipids and bile acids induced by an artichoke leaf extract in rats. *Phytomedicine.* 2002 Dec;9(8):687-93.
 4. Speroni E, Cervellati R, Govoni P, Guizzardi S, Renzulli C, Guerra MC. Efficacy of different *Cynara scolymus* preparations on liver complaints. *J Ethnopharmacol.* 2003 Jun;86(2-3):203-11.
 5. Bundy R, Walker AF, Middleton RW, Marakis G, Booth JC. Artichoke leaf extract reduces symptoms of irritable bowel syndrome and improves quality of life in otherwise healthy volunteers suffering from concomitant dyspepsia: a subset analysis. *J Altern Complement Med.* 2004 Aug;10(4):667-9.
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